PRESIDENT’S MESSAGE

As 2016 winds to a close, a new year brings with it promises of change, growth, and a new direction for ADEC. By now you have received a message from the Board of Directors that a President-appointed Task Force and the Board of Directors will begin work on exploring the possibility of self-management as an alternative to an association management company. This work has already commenced and we expect this will be the primary work of the Board over the next several months.

But this is not the only thing that the Board has been doing. In April of 2016 we launched a new committee structure and we wish to thank the Committee on Committees for all the work they did including an exhaustive review of all the committees, leading them to recommend the structure we have adopted. One of our committees whose task is to help ADEC become more business-savvy needs business expertise, so if this is your “cup of tea” please consider volunteering. We have many committees needing volunteer support, and some of these committees need chairs, so please do not hesitate to contact me if you are interested in serving. Serving on a committee is important – our committees not only keep ADEC running but service on a committee is a prerequisite for any member who seeks to run for elections to the Board of Directors. More importantly, no matter how ADEC is managed in the future (self-management or an association management company), committee work is essential to keeping ADEC running and offering the programs and services you expect. Our committee chairs and volunteers are ADEC’s “unsung heroes” so keep your eye out for the column in ADEC Connects that highlights these individuals.

Beginning in 2017, ADEC Connects and ADEC Forum will be combined, and this “new” publication will have a new look! You will find all the elements of ADEC Connects you have come to expect, as well as the high-quality articles and columns you are used to in ADEC Forum. Some elements from ADEC Forum may appear more frequently, for example, Paul Metzler’s column, “What’s New From ADEC Members”, will appear as frequently as Paul has ADEC member publications to highlight. ADEC Forum articles will be published as frequently as they are submitted and edited. That said, because ADEC Forum currently has no editor (who spent a fair amount of time asking members to write articles), the speed at which submissions find their way to publication may vary. We are therefore depending on ADEC members being proactive. If you have an article you wish to submit, or if you have always wanted to be ADEC Forum editor, please communicate directly with me since I am currently the Chair of the Communication Committee. Please consult the article submission guidelines on the ADEC website for more information.

Finally, April and Spring daffodils are just around the corner (all evidence to the contrary as I drive through northern Ohio on my way to Connecticut for the holidays), and Spring means the ADEC annual conference! Conference registration is open, and Portland is a particularly lovely city. The Conference Planning Committee has been working hard to put together a fabulous array of concurrent sessions and activities. I hope you will join me at the Wednesday evening Opening Reception. All Board Members will be in attendance, and all of us serve ADEC at the pleasure of the membership. Come speak with us throughout the conference, offer your ideas, your support and your time to make 2017 ADEC’s best year ever!
Janet McCord, PhD, FT  
President  
ADEC

MESSAGE FROM THE CONFERENCE COMMITTEE CHAIR

Jon K. Reid, PhD, LPCS, NCC  

And now for a few questions about connecting and networking in our field by the Conference Committee Chair Jon K. Reid

What do Barbados, Mainland China, Taiwan, Hong Kong, and South Korea have in common? Well, four of those places are in Asia, but how does Asia relate to the Caribbean? I must confess that it is idiosyncratic to my career trajectory. These are the places where I’ve been invited to give presentations. And how did these invitations come about? They all came directly from attending ADEC’s annual conferences. Of course, I had to do some networking while at the conference; greeting people, asking about their work in the field and also offering to help others in their professional growth. For those who teach on death and dying and grief, for those who research these domains, for those who provide counseling and compassionate care to the dying and bereaved, and also for those who do program development in the field of thanatology, end of life, traumatic loss, and coping with loss, ADEC’s annual conference brings together experienced professionals in all of these areas and provides rich opportunities to interact with practitioners and researchers on the cutting-edge of this field.

Are you doing research that you’d like to get noticed? The exposure of giving presentations at the conference has gotten my research cited in major books in the field as well as opportunities to collaborate with others. Even if an attendee doesn’t give a presentation, the opportunity to meet other presenters provides an opportunity to share similar research and practice interests.

Like to help up-and-coming professionals? I’ve gotten the gratification of helping graduate students from other countries in accessing resources that weren’t available in their home countries. And for those who would like to be involved in the development of ADEC as an association of professionals; attending the conference allows for face-to-face interactions with members of the Board and heads of committees, which increase one’s opportunities to get involved on committees and task-forces, as well as service on the Board of ADEC. However, for those who prefer to labor in seclusion, and keep your research and great ideas to yourself, then the conference is probably not the best place for you.

For the introverted and shy-of-speech, consider these starter questions for use at the Annual Conference: “Is this your first time to attend the conference?” “How did you get interested in grief and loss?” “What presentations have impressed you so far?” And of course: “Come here often?” Looking forward to seeing you in Portland.

Jon K. Reid, PhD, LPCS, NCC  
Conference Planning Committee Chair

EARLY REGISTRATION DEADLINE - JANUARY 13

The deadline is approaching to register early for the 2017 ADEC Annual Conference and get the lowest rate available. Join your friends and colleagues from around the
world in Portland, Oregon in the spring and rub elbows with the greatest minds in the field of death, dying and bereavement. The deadline is **January 13, 2017**.

The 2017 ADEC Annual Conference will feature three keynote speakers, over 75 concurrent sessions, workshops, professional development courses, networking opportunities, dozens of poster presentations, a book fair and much more. Don't miss out. This year's keynotes are:

**Thursday, April 6**

*When Those Who Need it Most Use it Least: Facilitating Grief Support for Those at Greatest Risk*

Wendy Lichtenthal, PhD, FT

**Friday, April 7**

*Intervention and Efficacy: Bridging the Gap Between Daily Practice and Research Findings*

Henk Schut, PhD

**Saturday, April 8**

*Attachment Informed Grief Therapy: Working with a Suicide Loss Survivor*

John Jordan, PhD

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### 2017 KEYNOTE PRESENTER PROFILE

**John R. Jordan, PhD**

John (Jack) Jordan is a licensed psychologist in private practice in Pawtucket, Rhode Island where he has specialized in work with survivors of suicide and other traumatic losses for more than 35 years. He is the Clinical Consultant for Grief Support Services of the Samaritans in Boston, Massachusetts, and the Professional Advisor to the Loss and Healing Council of the American Foundation for Suicide Prevention (AFSP). He is Co-Chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention. This Task force has recently released postvention guidelines for the United States, titled *Responding to Grief, Trauma, and Distress After Suicide: U.S. National Guidelines*. The Guidelines can be downloaded at [bit.ly/respondingsuicide](http://bit.ly/respondingsuicide) or [actionallianceforsuicideprevention.org](http://actionallianceforsuicideprevention.org). For over 30 years, Jack has provided training nationally and internationally for professional caregivers, and has helped to lead many healing workshops for suicide survivors. Jack has published over 50 clinical and research articles, chapters, and full books in the areas of bereavement after suicide, support group models, the integration of research and practice in thanatology, and loss in family and larger social systems. He is the co-author of four books: “*After Suicide Loss: Coping with Your Grief – 2nd Edition*” (2015 – self-published); “*Grief After Suicide: Understanding the Consequences and Caring for the Survivors*” (Routledge, 2011), “*Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs*” (Springer, 2012); and the newly published “*Attachment Informed Grief Therapy*” (Routledge, 2016).

### ADEC 2017 – Keynote Address

**John R. Jordan, PhD**

**Title:** “Attachment Informed Grief Therapy – Working with a Suicide Loss Survivor”

While everyone agrees that the relationship between the client and therapist in all psychotherapy is a crucial factor in therapeutic outcome, the role of this relationship has not received much attention in thanatology. Attachment informed grief therapy offers us a way of understanding the therapeutic alliance. This presentation will provide an overview of the principles of attachment informed grief therapy. It will be built around a video of the presenter’s therapeutic work with a remarkably courageous client, who lost her son to suicide six years ago, and came to therapy stating that she had...
“complicated grief and PTSD” – which she did. In addition to offering some core ideas in AIGT, I will provide video clips from this therapeutic journey to help illustrate the concepts being presented. This will be of interest to clinicians from all therapeutic orientations, to those who education counseling professionals, and to researchers interested in the effectiveness of grief therapy.

LEADERSHIP ELECTIONS

ADEC leadership elections will open in early January. Here is the 2017 Election Leadership slate:

Vice President: Louis Gamino
Patti Anewalt

Treasurer: Bill Hoy

Board Member at Large
Rebecca Morse
Mary Alice Varga
Michelle Ramirez

LRDC
Carla Sofka
Heather Servaty-Seib
Sherry Schachter

STUDENT PROFILE, DANIELLA MARKOWSKI

So that the ADEC community can get to know its students, ADEC Connects will continue to feature stories on ADEC scholarship recipients.

Daniella “Danni” Markowski

After attending an ADEC Conference, Ms. Markowski completed her honors thesis at the University of Rhode Island (URI) on the complicated process of disenfranchised grief while in college. The paper examined different grieving processes and also educated others about the topic. Ms. Markowski went on to graduate from URI with honors, with a Bachelor of Science degree in Nursing, and a minor in Thanatology. The summer after graduation she volunteered at a bereavement camp for children and obtained her registered nursing license. She is currently working toward beginning a Master’s program for Thanatology as well as beginning a career in nursing.

Do you have a mentor/role model who has significantly affected your career path in Thanatology? Tell us why you chose this career path.

My academic advisor, Carolyn Hames, first introduced me to the field of Thanatology when I was a freshman at URI and convinced me to try for the minor program, where she was always checking on my progress. Through this program I met Dr. Sara Murphy, who taught my first official Thanatology course. Dr. Murphy ultimately inspired me to pursue Thanatology and has encouraged me to continue that pursuit beyond my undergraduate studies. Her tremendous amount of support is the reason I am continuing my education in Thanatology, as well as following a career in the field.

My ultimate career goal is to work as a hospice nurse. I chose this career path because I want to support not only my patients, but their families as well. Death can be an extremely difficult life experience for some, and I think it is an honor to work with those to make the experience as comforting as possible.

What advice would you offer a more junior professional in the field on growing their career or keeping their work fresh?

I think it is important to find a topic that interests you or is meaningful to you in some way, a topic that will enable your passion for Thanatology to grow. I also think it is important to search for new articles and research, not only to keep updated, but to also explore new possible interests. For instance, my interest began with bereaved college students, but I have also discovered my interest in child bereavement and losses and...
grief related to illness. Thanatology includes a wide range of topics and it is important to not limit yourself.

What do you think the future holds for your work and that of others like you?

How will that impact what you do?

I am very excited for the future of Thanatology. I hope that my future work will help to demolish the idea that grieving is a weakness, that it is something one must “get over” rather than “work through.” I hope the future openly and consistently grants more empathy and compassion to those grieving and that the bereaved can feel more comfort and peace. I believe there is still a lot of work to be done in order for my hopes to become a reality, but I do believe we are making progress.

What I hope to achieve in the Thanatological world is not something that can be achieved overnight, and it is this knowledge that drives me to continue my research and my education. Ultimately, I want to reach out to people and talk with them about grief. I believe if people can be comfortable with these conversations, then they can formulate a better understanding of what “moving through grief” means, therefore gaining the ability to offer more empathy and compassion to those grieving.

BOARD MEMBER PROFILE, M. KATHERINE SHEAR, MD

M. Katherine Shear, MD, is Marion E. Kenworthy Professor of Psychiatry at Columbia School of Social Work, Director of the Center for Complicated Grief and an NIMH-funded bereavement researcher. She teaches popular courses on grief therapy and workshops on complicated grief treatment worldwide, and mentors doctoral students. Kathy developed and tested a 16-session intervention for complicated grief that has been tested in six NIMH grants all of which showed clear efficacy compared to proven treatments for depression. She has published 300 peer-reviewed journal articles as well as numerous book chapters. Her work has been featured in three articles in the New York Times, an article in Parade magazine and several pieces in Medscape. Her passion is work to bridge gaps between research and community practice. Kathy is a dedicated member of the ADEC community. She was a presenter in the series “Research that Matters”. She has presented four Webinars for ADEC and was a keynote speaker at the 2013 Annual Conference where she received the Research Recognition Award. She has presented regularly at the annual conference and received the Clinical Practice Award in 2015.

Dr. Shear’s journey into thanatology:

You might say I stumbled into Thanatology as a kind of accident of fate. It happened because I was a clinical researcher in anxiety disorders at the University of Pittsburgh in the mid-1990s and worked down the hall from a very active geriatric depression group that was investigating pathways into depression in late life. Clearly bereavement is one of these pathways. Holly Prigerson was one of the young post-doctoral fellows in this group and she identified a group of spousally-bereaved individuals who seemed to have a syndrome of prolonged acute grief that she called complicated grief. These people were experiencing intense grief that did not respond to a well-tested intervention for depression. Conceptualizing this syndrome as related to separation anxiety and to posttraumatic stress disorder – both anxiety-based problems – she asked me to help. I was still uneasy confronting anything related to death. However, attachment relationships and separation anxiety were very interesting to me. In my second year of medical school I did an elective study of a brand new revolutionary pediatric unit at Tufts New England Medical Center called the family participation unit. This was my introduction to John Bowlby and attachment theory which has been a career-long interest. So, when Holly asked me to help I agreed.

As an experienced clinician and researcher in psychiatry I had confronted a lot of mental health issues but none was as daunting as people with protracted intense grief. Not knowing how to even sit with these people, let alone help them, I tuned to the grief counseling community. They were welcoming, if a bit wary of me and were enormously helpful. Eventually they invited me to co-lead a support group of young (40 years old or younger) people who had lost their partners. The leader of the group was a
joy to observe and we worked together for 2 years. During this time I was also reading attachment and social psychology literature and thinking about what we know of efficacious treatments for anxiety disorders and depression as we crafted a short-term targeted intervention for complicated grief. We received National Institutes of Mental Health funding for a randomized controlled treatment study and I presented the findings from this trial at ADEC in 2005. It was my first ADEC meeting and it was fascinating. I found a large group of highly creative and committed colleagues who again were both welcoming and wary. My journey over the past 10 years has led to a deep appreciation of the diversity, creativity and independent thinking of the ADEC community and I am very honored to now have the opportunity to serve the organization as a member of the Board. ADEC is a gem that is unknown to most mental health professionals. My goals are to facilitate outreach and partnership with other relevant colleagues and organizations and to work to continue to support creative uses of the annual conference, webinars and other educational initiatives.

2016 IDENTITY SURVEY RESULTS

The ADEC Board is pleased to provide the results of the 2016 survey which sought the views of the membership on a range of issues related to the identity of the association. This data largely confirms previous findings – that the majority of the ADEC membership favor change and a movement by the organization towards a broader engagement of the association – both in terms of identity, geography and scope.

Working through the implications of these findings remains an ongoing task for the membership and the Board. The Board believes it is important that any changes (as a result of this work) are not unduly rushed and that members have ample opportunities to further consider these findings.

The Board encourages you to carefully read the report of the Identity Task Force and to make any additional comments via the ADEC website. The Portland conference will provide an additional opportunity for the membership to further discuss these issues.

A mark of an organization’s health is its capacity for rigorous and respectful dialogue where differences in viewpoints exist. We recognize that change can be a challenging process and the Board is committed to collaboratively engage in conversations which build upon the strengths of the association and position ADEC for a positive future.

JOB BANK

As a member benefit, ADEC members may post job ads at no charge. Nonmembers may post a 300-word job ad for $150 per 60 days. Submit your posting via email.

MEMBER CORNER

Marilyn A. Mendoza, PhD

Dr. Mendoza is now writing a blog for Psychology Today on grief. The site is www.psychologytoday.com/blog/understanding-grief. The goals of the blog are to increase knowledge, understanding, and communication about grief and its impact on children and adults, as well as to reduce fear and dispel myths about the dying and grieving processes. Relevant research in the field will be presented as well as suggestions from the bereaved as to how others can help them through this painful period of their lives. Dr. Mendoza is also the author of the book We Do Not Die Alone.
FEATURED UPCOMING EVENT

January ADEC Webinar:
Responding To Community Crisis
Patti Anewalt, PhD, LPC, FT
Wednesday, January 18, 2017
12:00 p.m. - 1:30 p.m. CST

REGISTER NOW

ADEC CONNECTS

ADEC Connects is interested in your thoughts and work. Please reach out to us with content submissions, suggestions or ideas.

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